

12:01:04 From Lauren : My theme that emerged for 2021: Embracing Ease, Rhythm and Flow

12:01:27 From J Kim Wright : Chat won't let me put up an image. :(

12:02:15 From Theresa Vee (she, her) : Surprising quality: activating

12:02:24 From Glenda Mattinson : I was startled by an image of myself being strong wise women that came to me

12:02:31 From Katherine Cartwright Knodel : This is what came up for me, and it is very clear: Focus on creative work and networking with like-minded people. Travel in whatever ways are possible. What can take me to new place? Simplify.

12:02:38 From Theresa Vee (she, her) : YES, @Glenda!

12:03:03 From J Kim Wright : Bright & visible Smooth and cool Takes my breath away Spontaneous Fun

12:03:13 From Marcia : what is emerging is jazz, improvisation, a variation on a theme - both dynamic and grounded, expansion and contraction, sustainable cycles

12:03:16 From KimMillman : I want to have an enlightened calm refreshed spirit that will lead to potent luscious complex work that will reward me with wealth power and happiness with an image of french hillside with lavender in full bloom on a warm glistenly sunny day

12:03:17 From Kathy Kane : depth, complexity, risk, evocative

12:03:32 From J Kim Wright : @Marcia, Jazz came up for me, too.

12:03:46 From susanhoward : stand in my full luminous strength and power; piercing the darkness and conformity

12:03:57 From Marcia : @J Kim :- ) that surprised me - wasn't on my radar

12:04:03 From Ildiko Miklos : few qualities was the same as two years ago. Then I suppressed them. Now they came up again...

12:04:03 From SharonAnn Hamilton : Surprising: confident & visible

12:04:19 From Katherine Cartwright Knodel : Possibility. Aliveness. Coming On-Line. Ennervating. Expansive.

12:04:52 From Ann Marie Lei : a combination of tapping in to deep truths, mystery, spirit, self-awareness with sharing in fun, inspiring, motivated ways in groups/connected communities

12:05:56 From Godmother Twigs : This is Lisa Harrison, btw. Stories are coming through. The qualities became a story of adventure and the ability to see the big picture with sweet, nurturing effort.

12:06:02 From Holly Emert : The need to balance the inward and outward, the desire to engage creativity in tactile ways (body movement, painting, etc.).

12:06:13 From Katherine Cartwright Knodel : I spent time in the off time washing dishes and listening to my music from the word association, getting into it via senses.

12:06:14 From Rachelle Windholz : I had insight into how work I want to do with my physical body integrates with the qualities that came forward for me. Like my body has been asking me to integrate these into my posture and I have not recognized it.

12:06:45 From Jenna Stoliker : Get out of my head and more into my heart. A common theme from past years but this coming year seems to be beckoning to going deeper...refining.

12:07:49 From J Kim Wright : I found a way to share my collage.  
[https://drive.google.com/file/d/1-KEIC\\_A6vIQM5ro\\_eBjMp8ePhaDHKq1K/view?usp=sharing](https://drive.google.com/file/d/1-KEIC_A6vIQM5ro_eBjMp8ePhaDHKq1K/view?usp=sharing)

12:08:04 From J Kim Wright : The visuals helped a lot!

12:08:19 From Holly Emert : Nice visual!

12:08:47 From KimMillman : cool - i am in silicon valley too J Kim Wright

12:08:58 From Theresa Vee (she, her) : Lovely, @J Kim

12:09:24 From J Kim Wright : @KimMillman, I am not there but connect with the energy

12:10:17 From KimMillman : awe - get it - it is a great year astrologically for innovation - so it's the right year for us

12:10:17 From Cathy : @kimMillman & @HollyEmert I'm in Santa Cruz right next door

12:10:46 From KimMillman : great @Cathy

12:11:49 From Theresa Vee (she, her) to Isabel(Privately) : Is it ok to create a new True Spirit? It's been a LOOOONG time since I wrote it.

12:13:50 From Jeanet : Could you please put the questions in here, Isabel?

12:14:37 From Carol McClelland Fields : The questions are in the packet, Jeanet...go to the email from last night to download it.

12:16:59 From Katherine Cartwright Knodel : How can I amplify what I am already doing?

12:17:11 From Kathy Kane : CAN YOU REPEAT THAT LAST QUESTION THAT'S NOT IN THE GUIDE

12:17:26 From Kathy Kane : ABOUT THE "GAP"

12:17:33 From Jeanet : I found it, thanks!

12:17:38 From Isabel to Theresa Vee (she, her)(Privately) : ● To what degree am I living and working in a way that allows ME to feel and experience what I name here in my True Spirit? Where do I feel this? And where is the feeling lacking?

- Are there ways that I could give myself more of that feeling and experience? What if anything is keeping me from giving myself more of that feeling and experience?
- What would need to change if I were to make giving myself that feeling a top priority in my life?
- What would I need to do differently to INCREASE my capacity to create this feeling and experience for others? Where would I need to be brave? Where would I need to be visible?

12:17:48 From Isabel : ● To what degree am I living and working in a way that allows ME to feel and experience what I name here in my True Spirit? Where do I feel this? And where is the feeling lacking?

- Are there ways that I could give myself more of that feeling and experience? What if anything is keeping me from giving myself more of that feeling and experience?
- What would need to change if I were to make giving myself that feeling a top priority in my life?

- What would I need to do differently to INCREASE my capacity to create this feeling and experience for others? Where would I need to be brave? Where would I need to be visible?

12:17:50 From Ellen Shapiro : workbook is where? files inside Message Action Circle?

12:18:20 From Holly Emert : Or her page on the website! Sherry/Joe can follow up on any further questions.

12:18:30 From Ellen Shapiro : don't think I did, but I'll check...

12:18:33 From Holly Emert : disregard that comment :D

12:18:47 From Katherine Cartwright Knodel : How can I amplify what I am already doing?

12:18:51 From Marcia : <https://isabelparlett.com/resources-2020/>

12:18:51 From Holly Emert : <https://isabelparlett.com/resources-2020/>

12:19:01 From Holly Emert : Great minds, @Marcia

12:19:52 From Marcia : :-) @HOLly

12:19:53 From Katherine Cartwright Knodel : Can you put the saved chat there too please?

12:20:29 From Ellen Shapiro : thank you!